NORDIC WARE – toll free 1-877-466-7342
MICROWAVE TENDER COOKER PAMPHLET

The recipes included are based on a 600-700 watt microwave oven.

1. Wash Tender Cooker® with hot, soapy water. Rinse and dry.
2. **Before each use, check the pressure regulator vent, yellow pressure indicating stem (yellow stem) and safety tube openings to be sure they are free of any food particles or other debris**.
3. For best results, fill the Tender Cooker® ½ to 2/3 full. Do not overfill. Filling beyond ¾ full or allowing food to touch underside of cover can prevent proper operation of pressure regulator vent.
4. GASKET INSTRUCTIONS. CORRECT PLACEMENT OF GASKET IS NECESSARY FOR THE TENDER COOKER® TO WORK PROPERLY. If too small, gasket can be resized by slightly stretching. DO NOT OVER-STRETCH! Place gasket in groove (rim) at top of bowl.
5. Place cover on top of bowl, using care to avoid dislodging gasket. Rotate cover until fully closed, as indicated by alignment of 4 arrows on cover and bowl. If cover is hard to turn, lubricate gasket with water and return to rim of bowl.
6. **Gently** place red pressure regulator weight (red weight) on spindle next to the yellow stem on Tender Cooker® lid. DO NOT PRESS OR JAM INTO PLACE.
7. The yellow stem rises when the Tender Cooker® is under pressure-usually after 8-10 minutes. Do not attempt to remove the red weight or cover of the Tender Cooker® until the yellow stem has dropped. This will prevent hot steam from escaping too rapidly. Pressure drop time is approximately 8-10 minutes and works as "standing time" in microwave cooking. During this time food continues to cook and tenderize.
8. **When the Tender Cooker® is fully pressurized, the red weight will gently "hiss and rock".** This action is normal and allows excessive steam to escape. If your microwave oven does not have enough room to allow at least ½" clearance between the red weight & the top of the oven cavity, do not use Tender Cooker®.
9. The Tender Cooker® becomes warm during cooking due to heat being transferred from the food. Always use potholders when removing from your microwave oven. **It's a good idea to leave the unit in the microwave oven for cooling, allowing the yellow stem to drop, before handling**.
10. Before opening cover, remove red weight with hot pads, fork, tongs or other utensil. Be careful not to drop weight as it may become damaged. **Never attempt to remove red weight or cover while yellow stem is up.**
11. During cooking, gasket may expand. **To shrink, place gasket under cold running water**. Do not stretch gasket when handling.

CARE:

1. Clean Tender Cooker® thoroughly after each use. **Do not clean gasket or red weight in dishwasher**. When storing, remove gasket, invert cover and place gasket in groove of cover. This allows air to circulate, prevents any odor or moisture build-up and keeps the gasket from taking a permanent set.

2. The microwave Tender Cooker® is designed with safety in mind. The red weight and secondary pressure relief are engineered to release if pressure becomes excessive. **Excessive pressure will not occur if the Tender Cooker® is filled less than 2/3 full and the pressure regulator vent is kept clean and open**.
3. DO NOT OPERATE TENDER COOKER® WHILE EMPTY! **When pressure cooking, use a minimum of ¼ cup liquid**. **Do not run Tender Cooker® under cold water if it has boiled dry, let it cool naturally**.
4. Food items that tend to foam, froth and sputter may plug the pressure regulator vent. Some examples are foods such as apples, cranberries, rhubarb or split peas. Plugging of the pressure regulator vent may cause over-pressurization and may release the secondary pressure relief from the cover. If the secondary pressure relief is released, correct the problem by cooling the Tender Cooker® and clearing the pressure regulator vent. USE CARE NOT TO SCRATCH OR DAMAGE THE PRESSURE REGULATOR VENT. Replace the secondary pressure relief and reduce the food levels, or refrain from cooking these types of foods. To replace secondary pressure relief, push into cover from the underside, making sure the word "TOP" is on the topside of the cover.
5. **If the red weight does not gently "hiss and rock" during cooking** and steam is escaping elsewhere, cool Tender Cooker® and inspect for leakage. Food particles or foreign material may be caught in the secondary pressure relief or gasket. Clean and reassemble.
6. The Safety Tube prevents the unit from working until the cover is properly closed. The safety tube also will depressurize the Tender Cooker® in the event the cover is opened while still under pressure. Always make sure the cover is fully closed before using by aligning the 4 arrows on the cover and bowl so unit is in locked position. If necessary, the safety tube can be removed from the cover for cleaning by pulling the tube through the underside of the cover (mineral oil may be used to aid insertion). The safety tube is in the correct position when the small ring on the tube is visible and level with the underside of the cover.
7. Avoid striking rim of cooker with anything that will cause nicks. Discontinue use of Tender Cooker® if it is dropped or damaged.
8. Should food become baked on, soak in soapy water. Cleansing pads made especially for non-stick finishes may be used. If severe staining occurs, clean with a non-abrasive cleanser only (i.e. BonAmi) and a dish cloth. Wash with soapy water, rinse and dry. Rub lightly with vegetable oil to restore luster.
9. The Tender Cooker® is for microwave oven use only.
10. Use only Nordic Ware replacement parts. Failure to do so may cause damage or injury. To order replacement parts call Nordic Ware Consumer Services at 1-800-328-4310 extension 629 or 1-877-466-7342 Direct, for assistance.

Helpful Hints:

1. Uniform shapes cook best. Dense food, cold or frozen items and large portions will require increased cooking times.
2. **The recipes in this booklet have been tested, for the portions indicated, in a 600 to 700 watt oven**. Higher or lower powered ovens will require accordingly shorter or longer cooking times.

3. A general guide for cooking times is 10 minutes per pound for a 2-3 lb. cut of meat cooked in a 600 to 700 watt oven. A 400 to 500 watt oven requires extended cooking times of approximately 2 minutes per pound.
4. **When cooking beef,** first sear on both sides in a conventional stovetop skillet. This ensures maximum tenderness and seals in the natural juices.
5. The bowl and cover of the Tender Cooker® may also be used as an unpressurized cooking vessel in the microwave oven. Simply remove the red weight and gasket for this use.
6. **If yellow stem does not rise after 10 to 12 minutes** in the microwave oven, remove from oven. Carefully open pressure cooker, shrink gasket under cold water if necessary, and re-position in rim of bowl as directed.

RECIPES

NOTE: To achieve maximum tenderness, all beef (except corn beef brisket should first be seared in a conventional stovetop skillet to seal in natural juices)

Barbecue Beef Short Ribs

2-1/2 – 3 lbs. Beef short ribs ½ cup barbecue sauce ½ cup red wine

Place ribs in Tender Cooker®. Combine barbecue sauce and wine; pour over ribs. Add gasket, cover and red weight. Microwave on high for 25-30 minutes. Allow yellow stem to drop. Remove red weight and uncover. Place ribs on heated serving plate, pour sauce over ribs. Low wattage ovens; add approx. 6 minutes. 4-5 servings.

Beef Stew

1 Tbsp. oil	1 lb. stew meat	1-1/2 cups water
3 potatoes	2 carrots, cut in thirds	½ onion, cut up
½ tsp salt	1/8 tsp pepper	1 Tbsp. flour
¼ tsp browning sauce		

Heat oil in medium sized skillet. Sear meat on all sides. Place meat in Tender Cooker®. Heat water in skillet, scrape pan well to remove any browned meat. Pour water over meat, add potatoes, carrots, onion, salt and pepper. Add gasket, cover and red weight. Microwave on High for 20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove meat and vegetables with a slotted spoon. In a separate container, blend 1 Tbsp flour with a small amount of stew liquid; add to remaining stew liquid. Blend in browning sauce. Microwave gravy uncovered for 3 minutes on High stirring once during cooking. Pour gravy over meat and vegetables, stir to mix. Low wattage ovens; add approx. 4 minutes for beef stew. 4-5 servings.

Herbed Beef Roast

1 Tbsp vegetable oil	2-1/2 – 3 lb. beef rump roast	1 cup red wine or beef broth
½ cup water	2 tsp thyme leaves	1 tsp rosemary leaves
3 garlic cloves, crushed	½ tsp salt	½ tsp pepper
3 Tbsp flour		

Heat oil in skillet. Add roast and brown on all sides. Place roast in Tender Cooker®. To same skillet add wine and water. Scrape pan well to remove any browned meat.

Pour hot liquid over meat; add remaining ingredients except flour. Add gasket, cover and red weight. Microwave on High for 30 minutes. Allow yellow stem to drop; uncover. Remove roast; keep warm. Mix flour with small amount of hot cooking liquid; stir into remaining cooking liquid. Microwave, uncovered, on High for 3-4 minutes, stirring once during cooking. Serve gravy with roast. 4-5 servings.

Herbed Chicken

2-1/2 - 3 lb. fryer, cut into serving pieces
2-3 tsp browning sauce
1 – 10-3/4 oz. can cream of chicken soup
1 small onion, chopped
½ cup instant rice
3 Tbsp chopped fresh parsley
1-1/2 tsp dried marjoram

Brush chicken pieces with browning sauce and place in Tender Cooker®. Combine remaining ingredients and pour over chicken. Add gasket, cover and red weight. Microwave on High for 25-30 minutes. Allow yellow stem to drop. Low wattage ovens add 2-3 minutes. 4-5 servings.

Chicken Soup

2 lbs. Chicken parts
1 carrot, diced
1 stalk celery, sliced
½ medium onion, sliced
1 clove garlic, chopped
1 tsp dried parsley
1 tsp salt
½ tsp pepper
2 cups water

Combine all ingredients in Tender Cooker®. Add gasket, cover and red weight. Microwave on High for 35 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove meat from bones, cutting to desired size. Skim fat from broth and return chicken pieces to cooker. Serve. Low wattage ovens; add approx. 5 minutes. 3 cups

Rice Pilaf

1 cup long grain rice
2 tomatoes, peeled and chopped
1/8 tsp pepper
1 clove garlic, minced
1/3 cup slivered almonds
¼-1/2 tsp salt
1 small onion, chopped
1 Tbsp olive oil
14-1/2 oz can chicken broth
1 med. green pepper,chopped
1/8 tsp tumeric
1/3-1/2 cup currants or raisins

Combine all ingredients, except raisins or currants in Tender Cooker®. Add gasket, cover and red weight. Microwave on High for 13-15 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir in currants or raisins. Low wattage ovens; add 1-2 minutes. 5-6 servings.

Whole Head Cauliflower

Place medium sized cauliflower (about 2 lbs.) in Tender Cooker®, add ¼ cup water. Add gasket, cover and red weight. Microwave on High for 7 minutes. (Note: Tender Cooker® will not reach maximum pressure; let stand covered for 3 minutes). Remove red weight and uncover. Low wattage ovens; add approx. 2 minutes. **If unit reaches pressure**, allow yellow stem to drop before opening.